

SLEEP HYGIENE OF STUDENTS

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The factors that determine people's health are based on their lifestyle, which is determined by the mode of work and rest. The primary role in it is played by sleep, which is the main and absolutely irreplaceable type of rest, contributing to the restoration of strength and energy resources of the body. To replenish your energy consumption on a daily basis, you need a healthy sleep, during which the main recovery processes of tissues and organs take place, active processing of information for the past day takes place, the work of internal organs is adjusted, and a significant amount of hormones is secreted that ensure the constancy of the internal environment. Regular sleep and wake disorders can lead to memory disorders, psycho-emotional disorders, and decreased performance. Violation of the biological rhythms of the body, the regime and duration of sleep leads to deterioration of the physical and psycho-emotional state, depression, behavioral disorders and aggressiveness, to deterioration of memory, thinking, concentration and attention span, reduces the speed of psychomotor reactions, which negatively affects the results of studies. It is believed that more than a quarter of the population to some extent suffer from various sleep disorders, which is associated with the modern rhythm of life.

University students are a special social stratum of the population. High intellectual loads, sudden changes in the usual way of life, the formation of interpersonal relationships outside the family, the need to adapt to new working, living and eating conditions allow them to be attributed to the group of significant risk of developing diseases. According to various studies, university students showed significantly poorer sleep quality compared to the general population of people of the same age. Students are faced with a new experience of living in a hostel, a new sleep and wake regime, freedom from parental care, and therefore they have a new daily routine that includes not only preparing for academic classes, but also attending extracurricular student events, night clubs, and part-time work on the night shift. All of this can lead to significant reduction or deprivation sleep disorders and their destructive effects on students' bodies: a decrease in the quality of university education, the occurrence of a number of serious somatic diseases. Students need a sufficient amount and quality of sleep due to biological maturation and high educational and psycho-emotional loads. It is well known that without good sleep, there can be no good wakefulness. However, comprehensive studies on the comparative assessment of the sleep pattern of students living in dormitories, taking into account gender, have not been conducted enough; the factors that

affect the duration of sleep and its impact on well-being after waking up have not been established.

Sleep deprivation for one night leads to a decrease in the resistance of the immune system to infectious diseases, operational memory and reaction speed to external impulses, an increase in food intake and a decrease in energy consumption, regardless of blood glucose levels in healthy people, as well as an increase in systolic blood pressure. Thus, a decrease in sleep duration is associated with the development of diseases of the cardiovascular, endocrine, nervous systems, gastrointestinal tract etc.

Students' sleep hygiene includes a number of recommendations that help ensure healthy sleep and improve well-being. Following a sleep pattern is an important component of a healthy lifestyle. It is important to go to bed and wake up at the same time, so that the body can adjust the sleep phases and wake up easily. In the day mode of students, daytime sleep may be present. Its duration should be 10-20 minutes, the most effective daytime sleep is between 14: 00 and 16: 00. Regular exercise can improve sleep, but before going to bed, classes should be avoided. For quality sleep, it is recommended to reduce stressful situations and mental stress, especially in the evening. To improve sleep and fall asleep quickly, water treatments are recommended before going to bed. You can take a warm shower at a comfortable temperature until you feel a slight muscle relaxation. A very important role is played by creating a comfortable sleeping microclimate, as well as maintaining cleanliness in the bedroom. The bedroom should be dark, regularly ventilated, and the optimal humidity is 50-60%. It is recommended to remove items that absorb dust on their surface from the bedroom and regularly perform wet cleaning. For students, it is recommended to sleep 7-9 hours a day. Lack of sleep impairs memory, thinking, concentration and attention span, and reduces the speed of psychomotor reactions.

Based on the above, we can conclude that sleep plays a major role in the lives of students. Basic and simple recommendations are given, following which you can improve the quality of sleep.

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